

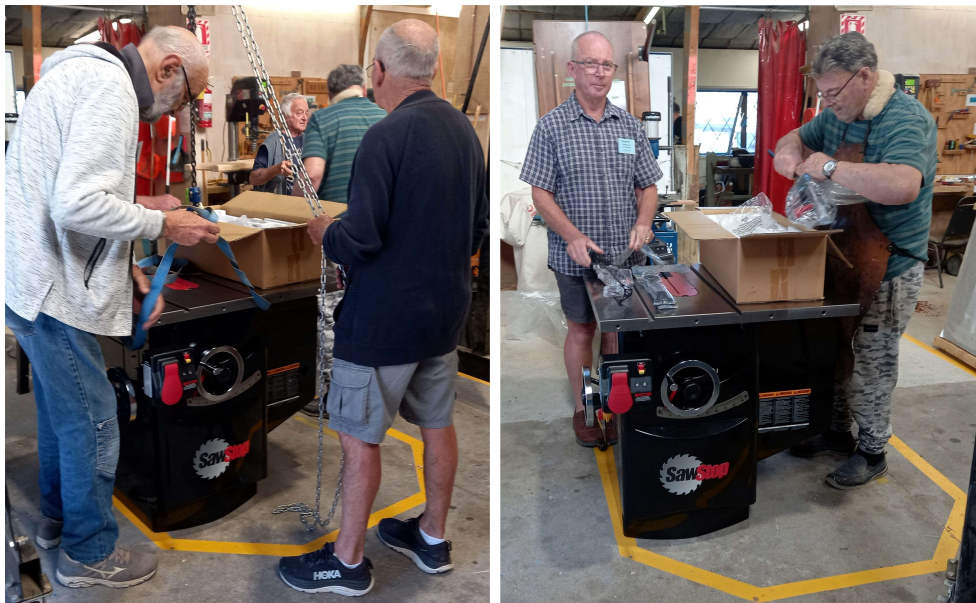
MENS SHED

Auckland East Inc.

Weekly Newsletter for the 31st March 2025

Our Purpose - To Sustain or Enhance Members' Mental Health and Wellbeing.

New SawStop Saw Arrives



We will go into this further once we have it up and running. The idea behind it is that its a very safe saw. Designed to freeze and retract the blade if touched, while in action. Demonstrations are done pushing a sausage into the blade. It stops immediately and barely marks the sausage! A great safety device which is very common in Mens Sheds and workshops all over Australasia.

Projects

Caskets for Babies Who Are Still Born

Or Die In Early Life



Every year in New Zealand, over 600 babies die between 20 weeks gestation and 12 months of age. People who lose babies at birth or soon after are often young with limited financial resources. The bereaved parents often have other children to care for and finding the money of a funeral can add stress to an already difficult time.

We were approached by Aroha Funerals to ask if we could make baby caskets and structure the project so that they could be gifted to the parents. The shed would make and paint the caskets and Aroha would supply the hardware and lining.

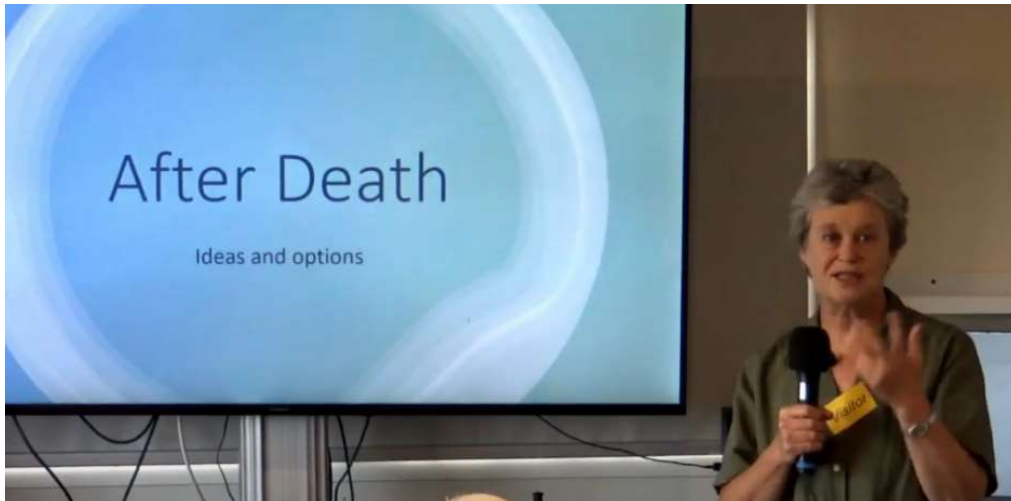
Shed member Peter Buchanan is also on the **Board of the Rotary club of St Johns/Ellerslie**, and he agreed to take a grant request proposal to his Board. The application was approved so the material costs and overheads will be covered, and the caskets can be gifted. Ten caskets in three sizes are currently under construction. Douglas Ormrod is leading the project.

Events

Aroha Funeral Presentation

This presentation was recorded, last week.

Just tap the picture to [view the VIDEO](#)



Notices

Next Barbecue

Tuesday 8th April

At noon, on the deck and under the new canopy.

Tuesday Talks

Tuesday April 1st

How I avoided a mid Air collision at Ardmore.

By Mal McLennan

Tuesday April 8th



Sarah Freiberg from Harbour Sport will talk about how to prevent falls for the 65+.

She will give us some basic exercise options to do at home and some useful resources to help.

Tuesday April 15th

The Joys of **Macular degeneration** .

Looking for a Dietitian

to help us improve our health through a good diet.

Does anyone know a good speaker?

If so, Let Mal know.

Have you got a story to tell or

would you like a speaker on some other subject?.

Talk to Mal McLennan, to book a slot

Retirement Village Seminar

We are putting together a seminar about retirement villages –

We're looking for your questions –

Send to the Shed's email, hand in to the office or give them to Mal McLennan

It will be held in May when speakers are available.

Weekly Workshop

Lotsa Project ideas to inspire.

Click the picture



More Training videos are on our website on the video page under training videos.

Click [HERE](#) to see them

Community News

Bunnings Easter Family Night

Thursday April 10th.

Starting at 5 pm

We will have our cars and other amusements.

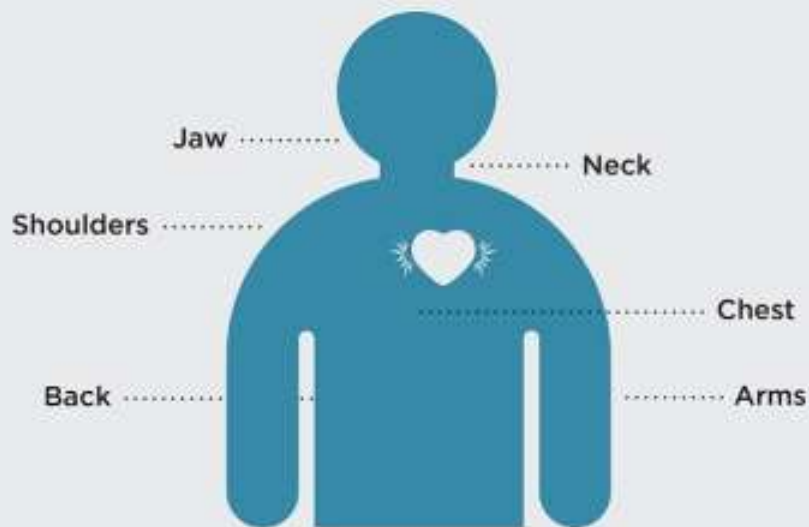
We need members to help with activities

Bernie Ward is our co ordinator.

Please register your interest.

Heart attack warning signs

Pain, discomfort, pressure, tightness or heaviness in any of these areas:



You may also feel:



Dizzy



Tired



Short of breath



Sweaty



Sick

[Click the Poster for more.....](#)

Have you had a scare recently ? Be prepared !

The Heart Foundation says.....

Minutes matter

"Too many New Zealanders die or live with permanent disability through lack of awareness of heart attack signs and delays in seeking medical help. Dr Gerry Devlin, Medical Director of the Heart Foundation, and Dr Tony Smith, Deputy Medical Director of St John, talk about warning signs and the importance of seeking medical help if you think you are having a heart attack."

CLICK THE Picture Watch the video



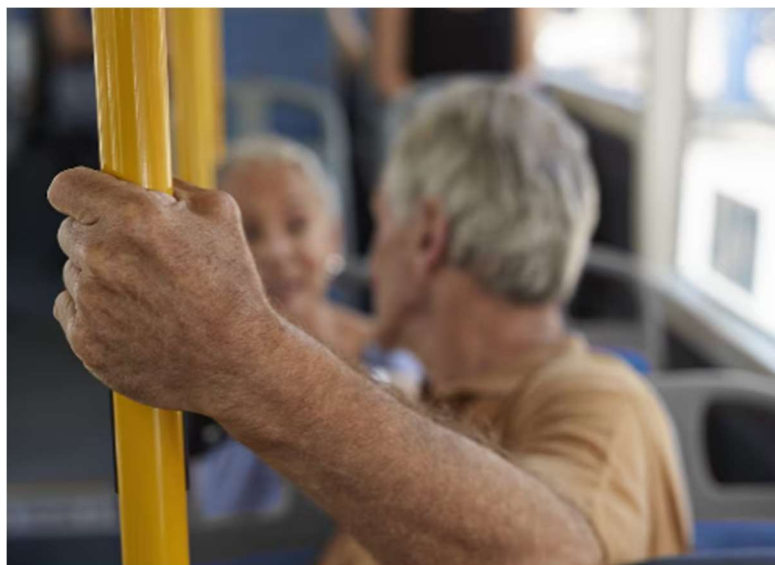
If you have any of these symptoms call 111 immediately.

How old is old?

**After an existential bus encounter,
one 64-year-old Kiwi considers his approach to ageing**

(NZ HERALD)

To read the article, Click the picture.



Reminder



Daylight saving ends this week.

Dont forget to adjust your clocks

Sunday, 6 April 2025, 3:00:00 a.m.

Clocks are turned backward 1 hour



Mal's Corner

**The early bird may get the worm,
but the second mouse gets the cheese.**

**Old people remember everything
but forget what they have told you !**

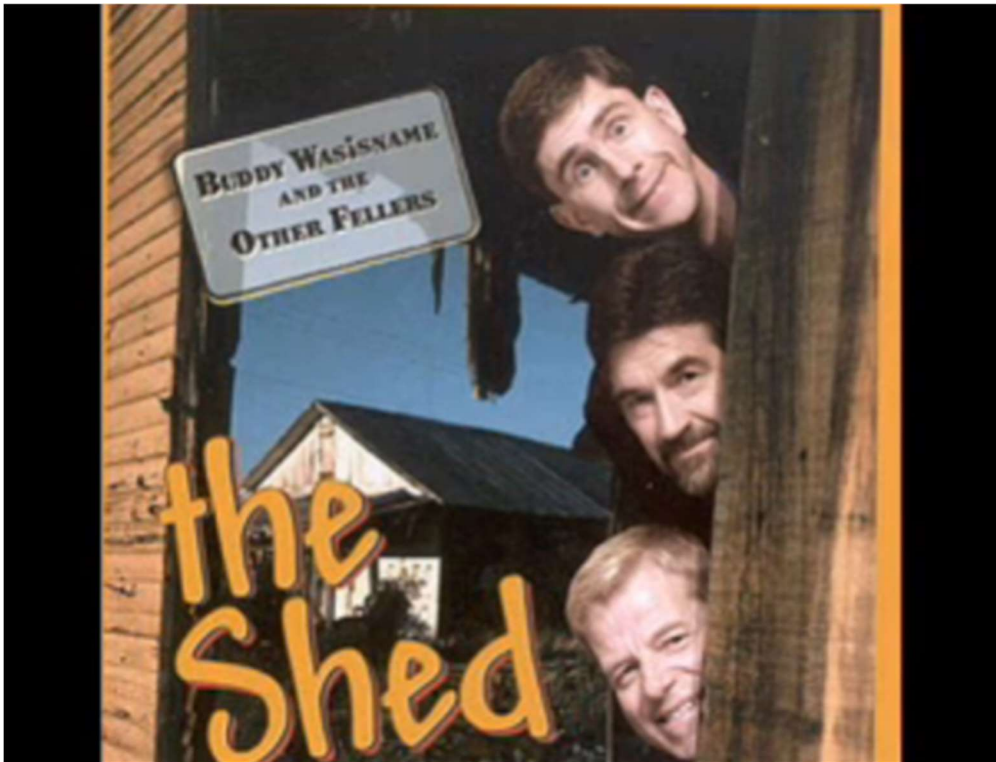
I wanted to know which came first – the chicken or the egg ?

so I bought a chicken and then I bought an egg

and I think I've cracked it

Me Lovely Little Shed

Just click the pic



Our Shed is open Monday to Saturday 9am till midday

and on Tuesday afternoon till 3 pm

Have a great week folks

Kevin H

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